



# LARGE POOL WATER FITNESS CLASSES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15-8:00am Aqua Toning (Mary)		7:15-8:00am Aqua Toning (Mary)		9:00-10:00am Aqua Extreme (Joyce)	8:00am-9:00am Aqua Zumba (Tracy)
8:15-9:00am Deep Water (Mary)		8:15-9:00am Deep Water (Mary)			
8:20-9:20am Aquacise (Joyce)		8:20-9:20am Aquacise (Joyce)			
	11:15-12:00pm Aqua Extreme (Sharron)	11:00-12:00pm Aqua Core & More (Mary Pat)	11:15-12:00pm Aqua Extreme (Sharron)	Please be aware that we are doing our best to be fair and accommodate everyone who utilizes our pool and its space. If participation is more than expected during Water Fitness classes, please know that we have the right to take away a lane to provide space for the class. If at any time throughout the day we are able to add a lap lane (up to 4) we will do so.	
9:30-10:30am Aqua Extreme (Nancy)					
	1:15-2:00pm Aquacise (Sharron)	1:15-2:00PM Wet & Mild (Sharron)	1:15-2:00pm Aquacise (Sharron)		
	2:30-3:15pm Deep Water (Sharron)	4:00-4:45pm Deep Water (Sharron)	2:30-3:15pm Deep Water (Sharron)		
	5:00-5:45pm Aqua Zumba (Tracy)	6:15 -7:00PM Aquacise (Sharron)	5:00-5:45pm Aqua Zumba (Tracy)		
7:15-8:00pm Aquacise (Ruth)		7:15-8:00pm Aquacise (Ruth)			

**Wet & Mild:** Shallow water provides cushioning and resistance for cardio, muscle strengthening and flexibility. This class is a great beginning water fitness program.

**Aquacise:** Cardiovascular workout suitable for all levels. Class may include use of noodles, dumbbells and paddles.

**Aqua Extreme:** More intense aerobic workout to improve cardiovascular endurance. Class finishes with resistance training which may include use of noodles, dumbbells & paddles.

**Deep Water:** No-impact class held in the deep water. Participants use a water belt or water horse to improve balance and core power, along with cardiovascular benefits.

**Aqua Zumba:** Same great Zumba workout using Latin inspired moves, except we have more fun in the water!

**Aqua Toning:** A fitness class emphasizes muscle strengthening, muscle endurance and flexibility. May use all pool depths & exercise equipment to provide resistance.

**Aqua Core & More:** Strengthens, tightens & tones your core using the natural water resistance. Using fun dance moves and swimming techniques. This exciting class built to fit your needs and push you towards your goals.



# SMALL POOL SCHEDULE & WATER FITNESS CLASSES



\*Class size is limited. Please pick up ticket at the front desk prior to class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Small Pool Opens @ 8am	Small Pool Opens @ 8am	Small Pool Opens @ 8am	Small Pool Opens @ 8am	Small Pool Opens @ 8am	Small Pool Opens @ 7:30am	Small Pool Opens @ 9:00am
	<i>YMCA Preschool</i>	<i>YMCA Preschool</i>				
Aqua Core & More (Mary Pat) 9:30- 10:30am	*Aqua Pilates (Sharron) 10:30 - 11:15am		*Aqua Pilates (Sharron) 10:30-11:15am	Aqua Core & More (Mary Pat) 9:30-10:30am	<b>9:00AM -12:00PM Kids Swim Lessons</b>	
*Arthritis Foundation Program (Karen) 12:00-12:45pm		* Arthritis Foundation Program (Karen) 12:00-12:45pm		*Arthritis Foundation Program (Karen) 12:00-12:45pm		
<b>Youth Swim Lessons 4:30-8pm</b>	<b>Youth Swim Lessons 4:30-8pm</b>	<b>Youth Swim Lessons 4:30-8:00pm</b>	<b>Youth Swim Lessons 4:30-8pm</b>			
Small Pool Closed @ 9pm	Small Pool Closed @ 9pm	Small Pool Closed @ 9pm	Small Pool Closed @ 9pm	Small Pool Closed @ 8pm	Small Pool Closed @ 5pm	Small Pool Closed @4pm

**Arthritis Foundation Program:** Gentle activities in warm water, with guidance from a trained instructor, will help you gain strength and flexibility without putting excess strain on your joints and muscles.

**Aqua Pilates:** A soothing yet challenging mind/body workout that is gentle on the joints and muscles. Uses buoyancy, resistance, and gentle movement to strengthen muscles, enhance flexibility and posture, sharpen coordination and balance, and relax body and soul.

**Aqua Core & More:** Strengthens, tightens & tones your core using the natural water resistance. Using fun dance moves and swimming techniques. This exciting class built to fit your needs and push you towards your goals.